

# metro



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Tuesday, February 6, 2018 metro.us | t: MetroNewYork | f: MetroNewYork

Monday, February 5, 2018 4:02:51

# SHOCK MARKET

After suffering its worst single-day loss in history, the Dow Jones has many worried about the country's economic future. 4

GETTY IMAGES

Meet the hot actor who plays Ash Tyler on 'Star Trek: Discovery.' 19



Meet the Americans: Metro's Olympic preview kicks off. 24

Is your new gym routine too much? A trainer talks overdoing it. 21

## WELCOME TO METRO.US



JOE PANTORNO, SPORTS EDITOR

The largest stage in sports is set to open this week with the world's greatest athletes descending on South Korea for the 2018 Winter Olympic Games. As always, Team USA is expected to be in contention for the top of the medal-count list. How many viewers though could spot some of the United States' top Olympians? Metro is here to help as we kick off our Olympic countdown by highlighting a family of curlers set to make a run at gold in Pyeongchang. Read more on page 24 and at [metro.us](http://metro.us).

## HOUSE PANEL VOTES TO RELEASE DEMS' MEMO

The House of Representatives Intelligence Committee voted unanimously on Monday to release a Democratic rebuttal to a memo written by the panel's Republicans that accused the FBI and the Justice Department of bias against President Donald Trump in the Russia investigation, the committee's top Democrat said. Rep. Adam Schiff, the top committee Democrat, told reporters the

document would now go to the White House on Monday night, and that it would be "very hard" for the Trump administration to block its release. Trump will have five days to decide whether to block the release of the classified document. In a Twitter post on Monday, Trump accused Rep. Schiff of leaking "confidential" material. Schiff responded by warning Trump against "tweeting false smears."

## CONGRESS GRAPPLES WITH IMMIGRATION

Legislation to help young Dreamer immigrants struggled to gain footing in Congress on Monday, as lawmakers prepared to hold a Tuesday vote on a short-term government funding measure to avoid a rerun of January's three-day partial shutdown. Republicans in the House were told at a Monday night meeting that the stop-gap measure would extend funding through March 23, along with a

year of defense funding and two years of funding for community health centers, lawmakers said. With existing money running out on Thursday, lawmakers were rushing to pass a stop-gap spending bill that would keep agencies open as they continue a monthslong effort to give permanent protections to Dreamers, who were brought illegally to the United States when they were children.



5  
THINGS YOU  
NEED TO KNOW

## SPACEX TO LAUNCH FIRST HEAVY LIFT ROCKET IN DEMO MISSION

The SpaceX Falcon Heavy rocket sits on launch pad 39A at Kennedy Space Center as it is prepared for lift-off on Monday in Cape Canaveral, Florida. The rocket, which is the most powerful rocket in the world, is scheduled to make its maiden flight between 1:30 and 4:30 p.m. on Tuesday.

GETTY IMAGES

## TRUMP: DEMS 'TREASONOUS' FOR NOT CLAPPING

During a speech in Cincinnati on Monday afternoon, President Donald Trump called Democrats who didn't applaud during his State of the Union address "un-American" and "treasonous." Trump said that Republicans "were going crazy wild" during his speech, but Democrats were insufficiently enthusiastic. "They were like death and un-American. Un-American. Somebody

said, 'Treasonous.' I mean, yeah, I guess, why not," he said to laughter. "Can we call that 'treason'? Why not?" Hours later on CNN, conservative commentator Bill Kristol called the president's remarks "the definition of what it means to be a third-world country." When Trump made the comment, he had been speaking at a manufacturing plant to promote the newly passed GOP tax plan. **MICHAEL MARTIN**

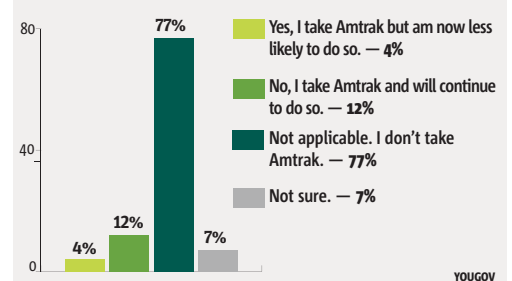
## TWO CHARGED IN ATM 'JACKPOTTING' CASE

The Justice Department announced on Monday charges against two men who allegedly committed criminal bank fraud by hacking into ATM machines and forcing them to spit out cash like a slot machine jackpot. Alex Alberto Fajin-Diaz, a 31-year-old citizen of Spain, and Argenys Rodriguez, 21, of Springfield, appeared before a federal judge on Monday, according to a statement from the U.S.

attorney's office in Connecticut. The pair was arrested on related charges on Jan. 27, the Justice Department said. They were found in possession of more than \$9,000 in \$20 bills as well as tools and devices that would be needed to compromise ATM machines, the authorities said. The Secret Service last week said a group of hackers tied to international syndicates had pilfered more than \$1 million from ATMs nationwide.

## AMTRAK TRAIN

There have been two serious Amtrak crashes in the last week. Do these crashes make you any less likely to take Amtrak if you need to?



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On Monday, the Dow closed down 1,175 points, its largest single-day decline in history. GETTY IMAGES

# As US stocks plummet, Trump goes silent on role in markets

In the past five trading days, the Dow Jones has erased all its gains since late November.

U.S. stocks plunged in highly volatile trading on Monday, with both the S&P 500 and Dow Industrials indices slumping more than 4.0 percent, as the Dow notched its biggest intraday decline in history with a nearly 1,600-point drop, some of which was recovered as stocks rose late in the day, and Wall Street erased its gains for the year.

The declines for the benchmark S&P 500 index and the Dow Jones industrial average were the biggest single-day percentage drops since August 2011.

As stocks plunged, President Donald Trump was speaking at an event in Ohio but noticeably not taking credit for the market despite doing so repeatedly when stocks were rising.

The stark contrast was a sign that Trump may be absorbing a tough message, underscored by former White House advisers, that American presidents traditionally have avoided commenting directly on Wall Street's fickle trends.

Gene Sperling, a top economic adviser to former presidents Bill Clinton and Barack Obama, said Trump erred in recent months by focusing so heavily on the stock market.

"Even though the stock market tripled under Bill Clinton, his view was that

you should always focus your policies and your public messages on bread-and-butter, kitchen table issues ... and that focusing on the stock market would take your eye off the real economy," Sperling said.

White House spokesman Raj Shah, in an adjustment to the administration's message on stocks, told reporters aboard Air Force One en route to Trump's speaking event in Ohio, "Look, markets do fluctuate in the short term. We all know that. ... But the fundamentals of this economy are very strong and they're headed in the right direction."

The Republican president told Reuters in a Jan. 17 interview he has been getting kudos from people grateful for increased 401(k) retirement plan values and he believed the rise would not have happened if his Democratic opponent Hillary Clinton had won the 2016 presidential election.

**"If the Democrats won the election, the stock market would have gone down 50 percent from where it was ..."**

President Trump

"If the Democrats won the election, the stock market would have gone down 50 percent from where it was, and now look at the percentage increase. It's a record increase," Trump said.

Once the markets closed on Monday, the White House issued a statement saying Trump's focus is "on our long-term economic fundamentals, which remain exceptionally strong, with strengthening U.S. economic growth, historically low unemployment, and increasing wages for American workers." REUTERS

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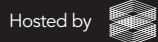
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## Racial disparity persists in NYC marijuana arrests

Despite a supposed push to end cop crackdowns on low-level pot offenses, New York City's minority citizens are still being arrested at an alarming rate.

SCOTT SIMONE  
letters@metro.us

While 60 million Americans are living where marijuana is legal, New Yorkers are still being busted at record rates, according to newly released figures, with the city's minority population bearing the brunt of arrests.

Police data, first obtained and released by WNYC, showed that the NYPD arrested 16,925 people last year for low-level marijuana-related offenses — only a 1 percent dip from the previous year's total of 17,097.

That comes despite Mayor Bill de Blasio's outspoken criticism of cops focusing on marijuana offenses, with a goal of improving relations between police and community.

"This is something the mayor campaigned on, and while we saw a reduction, we really should've seen more progress with this," said Alyssa Aguilera, co-executive director at VOCAL-NY. "The mayor and others are patting themselves on the back, but we can't be satisfied with the mediocre progress that's been done."

Mayor's office spokesman Austin Finan, citing numbers that show marijuana possession arrests have decreased 38 percent while summonses have increased 58 percent during de Blasio's term in office, said in an email that "arrest and summons data fluctuates from year to year. What's important is the broader trend that shows a dramatic shift away from arrests in favor of summonses since 2013, proving this administration's commitment to enhancing fairness



Marijuana reform advocates are unimpressed with New York City's progress in cutting down on low-level pot offenses. GETTY IMAGES

### POT-RELATED ARRESTS BY THE NUMBERS

**60,000**  
TOTAL ARRESTS IN  
DE BLASIO'S FIRST  
THREE YEARS;  
86 PERCENT OF  
THOSE ARRESTED  
WERE BLACK OR  
LATINO

**677**  
THE NUMBER OF  
PEOPLE ARRESTED  
IN HARLEM

**14**  
THE NUMBER OF  
PEOPLE ARRESTED IN  
THE NEIGHBORING  
UPPER EAST SIDE

"The racial disparity has been the same over the past 30 years, despite who was police commissioner, despite who was mayor," said Melissa Moore, deputy state director of the Drug Policy Alliance's New York office. "This is a systemic problem and comes down to how the NYPD chooses to enforce laws, and which communities they end up targeting."

Moore pointed to the claim by City Hall that arrests occur as a result of where they get complaints from 311 and police lines. The calls are "widely and evenly distributed," said Moore. "But then you look at where the arrests are happening, they're focused in areas of color."

Aguilera said that racial disparity arises "because their neighborhoods are being targeted for more policing. ... You can go to Park Slope or Williamsburg and white people are smoking marijuana not thinking twice about it."

Moore also pointed to the wasted resources of these efforts. Citing a report that showed marijuana enforcement cost the city \$650 million dollars, Moore said, "That chunk of change could be much better suited going to education or fixing the MTA — anything that could actually really help New Yorkers."

without sacrificing safety or responsiveness to community concerns."

Summonses increased to 21,024 in 2017, compared to 20,717 in 2016, WNYC reported.

But, still, this problem is a racial one.

A 2017 Drug Policy Alliance report found that of the more than 60,000 low-level marijuana arrests in de Blasio's first three years in office, 86 percent of those people arrested were either black or Latino. Whites accounted for just 10 percent of those arrests, despite findings that show whites, blacks and Latinos smoke marijuana at the same rates.



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## New report: Systemic racism linked to police shootings of unarmed African-Americans



Thousands were seen protesting in New York City against the police shootings of Alton Sterling and Philando Castile in July 2016. LENOVO WHITAKER/METRO

Researchers examined the relationship between a state's structural racism and the disparity in the rates at which police shot unarmed black and white people.



KRISTIN TOUSSAINT  
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Eric Garner, Michael Brown, Tamir Rice — their deaths sparked nationwide outrage from those who say there is a connection between racism and police brutality, and received nationwide criticism from those who argue that black people just have more interactions with police.

Now, experts have weighed in to say that racism is a factor when unarmed black victims die at the hands of police, according to a study out of Boston University.

States with more structural racism have a higher racial disparity when it comes to fatal police shootings of unarmed victims, researchers at BU's School of Public Health found.

The study, published recently in the Journal of National Medical Association, is the first of its kind, BU said.

Though there is plenty of data on how use of force by police is more

likely to affect black communities — studies have shown that police kill black people at disproportionate rates and even that officers are less respectful to black drivers — there has yet to be an examination into the connection between those racial disparities and “structural racism” at the state level, according to BU.

**“... our results indicate that in some states, there is a systematically different response based on the race of the suspect.”**

Anita Knopov

Structural racism pertains to the social forces, systems and institutions that reinforce inequalities. For this study, researchers created an index of structural racism at the state level, measuring “residential segregation and disparities in economic status, employment status, educational attainment and incarceration rates.”

Researchers also looked at data on fatal police shootings of unarmed victims between Jan. 1, 2013, and June 30,

2017, from the Mapping Police Violence Project.

As a state's racism index increased, the researchers found, so did the ratio measuring the disparity between police shootings.

“This suggests that the higher rates of fatal police shootings of unarmed black victims are not merely a result of more interactions between police officers and black suspects,” said co-author Anita Knopov in a statement. “Instead, our results indicate that in some states, there is a systematically different response based on the race of the suspect.”

Looking at segregation led to the biggest association with police shootings, researchers said. For every 10-point increase in a state's racial segregation index, there was a 67 percent increase in that state's ratio of police shooting rates of unarmed black victims to unarmed white victims.

Wisconsin had the highest state racism index according to the study (at 74.9 out of a rating of 100). There, the rate of unarmed black people shot by police was 15.9 times higher than the rate at which unarmed white people were shot by police.

Montana, the state with the lowest racism index, showed no difference in the rate at which police shot unarmed black and white people.

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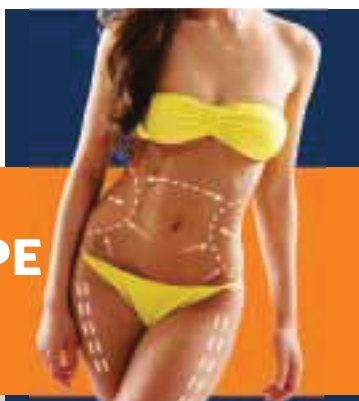
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	Studio	\$675	4	→	1 person	\$25,475 - \$33,400
60% AREA MEDIAN INCOME (AMI) UNITS	Unit Size	Monthly Rent <sup>1</sup>	Units Available		Household Size <sup>2</sup>	Annual Household Income <sup>3</sup> (Minimum - Maximum) <sup>4</sup>
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	1 bedroom	\$929	63	→	1 person	\$34,320 - \$40,080
					2 people	\$34,320 - \$45,840
	2 bedroom	\$1,121	21	→	2 people	\$41,040 - \$45,840
					3 people	\$41,040 - \$51,540
					4 people	\$41,040 - \$57,240
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Subject to occupancy criteria

<sup>3</sup> Household earnings includes salary, hourly wages, tips, social security, child support, and other income. Income guidelines subject to change.

<sup>4</sup> Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

#### How Do You Apply?

Apply online or through mail. To apply online, please go to [nyc.gov/housingconnect](http://nyc.gov/housingconnect). To request an application by mail, send a self-addressed envelope to: Randolph Houses North c/o The Wavecrest Management Team, 87-14 116<sup>th</sup> Street, Richmond Hill, NY 11418. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

#### When is the Deadline?

Applications must be postmarked or submitted online no later than **April 6, 2018**. Late applications will not be considered.

#### What Happens After You Submit an Application?

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Randolph Houses North c/o The Wavecrest Management Team, 87-14 116<sup>th</sup> Street, Richmond Hill, NY 11418. En el reverso del sobre, escriba en inglés la palabra "SPANISH."

Las solicitudes se deben enviar en línea o con sello postal antes de **6 de abril 2018**

**簡体中文** 访问 [nyc.gov/housingconnect](http://nyc.gov/housingconnect) 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至: Randolph Houses North c/o The Wavecrest Management Team, 87-14 116<sup>th</sup> Street, Richmond Hill, NY 11418 信封背面请用英语注明 "CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 **2018年4月6日**

**Русский** Чтобы подать заявление через интернет, зайдите на сайт: [nyc.gov/housingconnect](http://nyc.gov/housingconnect). Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу Randolph Houses North c/o The Wavecrest Management Team, 87-14 116<sup>th</sup> Street, Richmond Hill, NY 11418. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **6 апреля 2018**

**한국어** [nyc.gov/housingconnect](http://nyc.gov/housingconnect) 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 Randolph Houses North c/o The Wavecrest Management Team, 87-14 116<sup>th</sup> Street, Richmond Hill, NY 11418 으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. 2018년 4월 6일까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

**Kreyòl** Aplike sou entènèt sou sitwèb [nyc.gov/housingconnect](http://nyc.gov/housingconnect). Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvòl ki gen adrès pou retounen li nan: Randolph Houses North c/o The Wavecrest Management Team, 87-14 116<sup>th</sup> Street, Richmond Hill, NY 11418. Nan dèyè anvòl la, ekri mo "HAITIAN CREOLE" an Anglè.

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**العربية** مطروف يحمل اسمك وعنوانك إلى: Randolph Houses North c/o The Wavecrest تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني [nyc.gov/housingconnect](http://nyc.gov/housingconnect) للحصول على ترجمة باللغة العربية لهذا الإعلان طريق الإنترنت أو ختمها بختم البريد قبل **6 أبريل 2018**. Management Team, 87-14 116th Street, Richmond Hill, NY 11418. على الجهة الخلفية للمطروف، اكتب باللغة ولنموذج الطلب الورقي، أرسل الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن

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An 8-year-old girl from Queens died Monday morning, a day after she was diagnosed with influenza during New York's worst flu season in more than 10 years, authorities said. **ISTOCK**

# Officials: 8-year-old girl in Queens dies within a day of flu diagnosis

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With more than 36,800 confirmed cases, New York state is in the midst of its worst flu season since tracking began in 2004.



**NIKKI M. MASCALI**  
nikki.mascali@metro.us

An 8-year-old girl from Queens died Monday morning, the day after she was diagnosed with influenza during New York's worst flu season in more than 10 years, authorities said.

The unidentified child, who lived in Corona and was prescribed Tamiflu to treat her flu symptoms on Sunday, stopped breathing in her home around 6:35 a.m., the New York Post reported.

Her father tried to revive her until EMS staff arrived to take over, but the child was pronounced dead after being taken to

Elmhurst Hospital.

The flu has not been officially named as the cause of the child's death, which will be determined by the medical examiner.

In the past week, New York state saw a 50 percent increase in confirmed flu cases and a 21 percent rise in hospitalizations over the prior week, according to a statement from Gov. Andrew Cuomo.

There were 11,683 new flu cases and 2,221 people hospitalized as confirmed cases, exceeding the record set the week before, giving the highest weekly statistics since tracking began in 2004.

"Flu season is in full swing, and as the number of influenza cases and hospitalizations continues to rise at alarming levels, we must take every action to protect ourselves and our loved ones," Cuomo said. "I am urging everyone to get vaccinated and take other necessary steps to stop the spread of this virus in New York."

### CITY HALL SUICIDE

#### Police: Man fatally shoots himself outside City Hall

A man fatally shot himself in his vehicle outside City Hall on Monday morning, officials said.

The unidentified man drove up to the east gate of City Hall on Park Row around 7:30 a.m. in a black Nissan Altima and suffered a self-inflicted gunshot wound near one of the security checkpoints, the NYPD said in a tweet.

According to the New York Daily News, the entrance where the shooting occurred is the one Mayor Bill de Blasio uses to enter City Hall, but the mayor was traveling to Albany at the time, a spokesperson told the paper.

"This is believed to be an isolated incident. Information is preliminary, more to follow when available," police said.

The man was pronounced dead at the scene. Police initially reported that he had exited his vehicle before shooting himself, but clarified the man did not actually leave the car in a later tweet.

During their investigation, police restricted southbound traffic on Centre Street from Chambers Street to Park Row, as well as on Park Row from Spruce Street to Broadway. Manhattan-bound traffic on the Brooklyn Bridge was also briefly suspended as well.

Pending family notification, the man's identity was not released, but the Daily News reported he is a 61-year-old Pennsylvania resident who allegedly wrote a suicide note on Facebook.

In the note, the man blamed de Blasio, former Mayor Michael Bloomberg and Gov. Andrew Cuomo for his financial struggles.

"I have no more health insurance and am not enjoying good health," he wrote, according to the New York Post. "No more vehicle as my GM engine failed twice this year as well as the transmission. No more income to pay bills and maxed-out credit cards I cannot pay. I will lose my house and everything else. I see no point to continue trying." **NIKKI M. MASCALI**



The president has been at odds with his own Justice Department. GETTY IMAGES

## Poll: GOPers believe FBI undermines Donald Trump

The poll findings appear to reflect the influence that Trump wields among Republicans.

Nearly three out of four Republicans believe the FBI and Justice Department are trying to undermine President Donald Trump, according to a Reuters/Ipsos poll released on Monday, a sharp turn for a party that has historically been a strong backer of law enforcement agencies.

Overall, most of the public still believes that Trump or someone from his campaign worked with Russia to influence the 2016 U.S. presidential election, allegations that Moscow and Trump have repeatedly denied.

The Feb. 3-5 poll found that Americans were sharply divided along party lines over a federal investigation into potential ties between Trump's 2016 campaign and Russia, a controversy that has hung over his year-old presidency.

Trump has called the probe a witch hunt and accused the top leadership of the Federal Bureau of Investigation and Justice Department of being biased against him. The dispute has caused an extraordinary breach

between the White House and law enforcement and deepened partisan rancor.

Some 73 percent of Republicans agreed that "members of the FBI and Department of Justice are working to delegitimize Trump through politically motivated investigations."

But three in four Democrats said they believed a competing narrative that "members of the Republican Party and the White House are working to delegitimize the FBI and DOJ in the investigation of Russian tampering in the 2016 presidential election."

The poll findings appear to reflect the influence that Trump wields among Republicans, who have long reserved some of their highest levels of trust for the country's law enforcement agencies.

Nearly 84 percent of Republicans said in a January 2015 Reuters/Ipsos poll that they had a "favorable" view of the FBI.

Last month, 91 percent of Republicans said they had a "great deal" or "some" confidence in the country's law enforcement agencies, compared with the 75 percent who expressed a similar level of confidence in the Trump administration and 47 percent who said the same about Congress.

REUTERS

### NYC SUBWAY

#### MTA: MetroCard vending machines going cash-only Saturday morning

The cash-only MetroCard vending machines straphangers were outraged about last week will become a reality this Saturday, but the good news is they'll be credit and debit card-free much shorter than originally planned.

The MetroCard kiosks in subway and PATH stations, the JFK AirTrain system and at LaGuardia Airport will be cash-

only from 12:01 to 6 a.m. on Saturday for a major software upgrade, the MTA announced Monday afternoon.

Last Wednesday, the MTA tweeted that MetroCard machines would go cash-only late Friday night until early Monday, but the agency postponed the upgrade after New Yorkers put them on blast for the last-minute announcement.

"After hearing clearly from our customers that they needed more information regarding

this upgrade, we reassessed the entire process," Managing Director Veronique Hakim said. "We are aggressively communicating with customers about this upgrade to ensure that we avoid confusion and limiting the disruption to only the very early morning hours Saturday."

To that end, the MTA will post signs in stations and on vending machine screens as well as send text, email and social media alerts to remind straphangers of the upgrade,

which the agency said will improve the security and reliability of debit and credit transactions. New York City Transit Subway staff will be in stations to help, and accommodations will be made for customers who do not have cash on hand.

Over the next few years, the MTA will transition to tap-to-pay technology for MetroCards, which will directly link to electronic payments and accounts.

NIKKI M. MASCAU

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# Baby Boomers Benefitting From Knee Arthritis Treatments

## 10-Minute Technology Guided FDA-Cleared Painless Medical Treatments.. Allows Patients To

**New York City** - Nothing is more true. A life with constant pain is not a life worth living. And if you can't stay active and do all the things you love - like walking, playing golf, tennis, vacationing etc. It's not really a life at all.

### ...the Pain Is More Like A Prison

And for generations, knee arthritis has given good, hard working people a life sentence of pain and suffering. To make things worse, slick marketers only add to the pain by promising wonder cures. Late night television and your mail box are filled with "wonder arthritis cures" that make wild claims and sound too good to be true . . . **Because They Are**

Nothing is worse than getting your hopes up - spending your hard earned money - only to be let down time after time.

### It is easy to give up...

But while marketers were peddling "wonder cures," real doctors and researchers were hard at work trying to discover a real medical solution. Modern medicine eradicated small pox and polio. Through laser eye surgery, doctors can give almost blind people perfect 20/20 vision. The potential cures on the horizon with breakthroughs like stem cell and regenerative therapies are endless.

### Solve The Riddle Of Arthritis Pain?

For the past 3 years, that's exactly what a medical clinic in New York City has been doing. The **NYC Pain MD** doctors have been able to help thousands of knee arthritis sufferers with cutting-edge treatments and technology older generations could only dream about. One of these treatments in particular has helped thousands of patients ease or eliminate pain and go back to doing their favorite activities like: walking, playing golf, tennis and many more. The treatment is called viscosupplementation. *But wait.* This is NOT the typical viscosupplementation. So if you are one of the many knee arthritis sufferers who already had viscosupplementation and did not get great results - what you are about to discover should be very important. to you in particular. It might even get you out of pain.

**Here is why:** During viscosupplementation, a special lubricating gel is put directly into your arthritic knee joint. This not only helps the knee joint to glide more smoothly, it acts as a cushion, protects the joint. and relieves a lot of pain. This is often referred to as "joint oil." In many cases, when done properly, this can dramatically lessen knee pain for up to 6 months and much longer in many cases.

**And even better** - if this treatment works for you the first time - it can be safely repeated when necessary and the results are often better for some.

### Like Threading A Needle?

The key to this treatment being successful is actually getting the special lubricating gel directly into the joint where it can go to work. That's why the doctors at **NYC Pain MD** use very advanced digital imaging that allows them to see directly into the joint and make sure the lubricating gel "hits the spot" and the treatment has the best odds for success. Studies show that doctors doing these types of procedures without this special imaging actually miss the joint space up to one third of the time!



"I've had trouble with my knee walking. I'm a golfer and want to play golf but I couldn't. I made the call and went and it's the best thing I ever did. It's just - now I can play golf, I can walk, I can climb stairs, I can do things I did many years ago".

"It's the smartest thing ever did" "Since I've been going for the treatment for my knees I don't take any pills, I take not over the counter medication.."

"This a good alternative to surgery." "I am so glad I went. I'm so confident I feel so good about it and I recommend it to everybody."

*William La Spina . Golf Enthusiast*

(While we cannot guarantee that all knee arthritis pain sufferers will respond like the patient noted above, we can say these results are possible.)

### Why Treatment Can Fail

This is why viscosupplementation can fail for some people. It is also why many knee arthritis sufferers come to **NYC Pain MD** after failed treatments elsewhere... and are finally able to get relief. It is not uncommon for patients to travel hours for these advanced and precise treatment methods.

### Patients Should Be Assured About Precsion Treatments

If you have already had this procedure without this advanced imaging... Or if it was not used throughout the procedure, there is a good chance you did not get the maximum results you could have and should have.

### What The Research Says About Results:

**Can We Slow Down Arthritis?** A retrospective study of nearly 1000 cases of knee arthritis between 49 and 79 years old was done by an orthopedic surgeon in Louisiana. Patients with Grade 4 or "bone to bone" who presented for consideration of knee replacement were instead put on a program of image-guided gel injection procedures. Follow up almost 4 years later revealed that about 3 of 4 had done well and had not need surgery...regardless of age or even if overweight.

Another study was done by Pearl Diver research group who reviewed 198,000 files of those who underwent this type of treatment. Follow up 2 years later revealed 82% had not required surgery.

### Massive Cost Saving For Patients, Insurance Companies & Medicare?

While surgery may be the best option for some...for others, due to fear of surgical risk, medical ailments that may prohibit surgery or for those that are just seeking less invasive alternatives, the costs savings can be staggering. In a study published in the American Journal of Managed Care, a potential savings of \$4706.00 per patient if treated with viscosupplementation was estimated. In a theoretical population of 100,000 (NYC is over 10 million) over a 3 yr. period, 808 knee replacements were projected to be avoided and up to \$9,131,819 could potentially be saved by patients, medicare and insurance carriers. *This should be welcome news for rising health care costs.*

### Who Can Benefit From This Treatment?

This treatment is not for everyone. But it may be for you if you have sensations of grinding or rubbing, pain on simple weight bearing, getting up from sitting or even simply

# Treatments Their Parents Could Only Dream About

## Patients Go Home With Just A Band-Aid On The Knee... No Surgery - No Hospital

when bending your knees, struggling up and down stairs (like subways), have pain on walking, feel tight and stiff after activities or in the morning or just cannot move like you used to. If this sounds like you, then seeing one of the specially trained doctors at **NYC Pain MD** could be the best thing you could do for yourself. But it is suggested you do not wait as arthritis can easily worsen with more time.

**And this is very important** - especially for those who have had viscosupplementation in the past without good results. Many patients who did not have good results elsewhere are often able to get a favorable results because of the advanced imaging technology and procedure experience at **NYC Pain MD**.

*Even doctors themselves are often patients at NYC Pain MD.*

### How to Find Out If The Experts At NYC Pain MD Can Help You

If you have knee arthritis pain and would like to see if this treatment might help you - the experts at **NYC Pain MD** offer a complimentary screening appointment.

This screening will help determine if you are a candidate for treatment and also gives you a chance to get all your questions answered.

If you are a candidate, you will leave knowing that you found the possible way to lessen or even eliminate your knee pain for 6 months or more for many patients.

There is no obligation and if you are not a candidate - the doctor will help you find the best approach for your particular case and refer you to the proper sources. To set up a screening at no cost, simply call **800-741-5340**

### The NYC Pain MD 'X' Factor ?

**NYC Pain MD** is a high-tech medical facility equipped with all the necessary equipment to treat appropriate candidates right in their own in-office procedure suites. What does this mean for you? It means no stressful hospital, no intimidating surgical center or out patient facility visits.

This also means you don't have to be "Rich and Famous" because by avoiding all those "fancy" facilities you don't have to bear their severe costs which can often be several times the cost of the treatments themselves. Your experience is far more relaxing with personalized attention. The treatment is gentle. You will go home with nothing but a one inch band-aid on your knee. Many go home or right to work after these virtually painless treatments. There is little to no downtime.



**The Secret To Knee Pain Relief?** With precision advances in medical science and technology the caring doctors at **NYC Pain MD** have been able to help so many relieve their pain and get their active lifestyle back.

### How To Get A No-Cost Screening & Find Out If This Knee Arthritis Treatment Is For You

The popularity of this treatment is startling. New Yorkers are lining up weekly to find out if they are candidates... patients looking for options other than surgery that really work. But because this is a real medical treatment - it is not for everyone. That's why the experts have setup an easy screening visit.. This screening will help determine if you are a candidate for additional examination and possible

treatment. This screening is offered at no cost to the patient. All your questions answered and you will find out if this treatment is for you. Zero risk or obligation. Just call 800-741-5340 Tell them, "I would like the kneescreening." They will take care of everything. Due to demand, spots are limited - call immediately to avoid unnecessary waiting. The number to call is: 800-741-5340

**More Good News About Insurance:** Many insurances including Traditional Medicare (part B) help cover modest to significant portions of these care programs

To set up a complimentary screening, just call **800-741-5340**. But if you want a screening, we recommend calling right now. Due to time limitations, the center can only offer a limited number of screening per month. They decided to limit the number because they believe in giving every patient the individual time and attention they deserve.

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# MIT launches 'Intelligence Quest' to make computers learn like children



KRISTIN TOUSSAINT  
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MIT aims to understand how the human brain works and apply that information to help build smarter machines.

The Massachusetts Institute of Technology is launching an institute-wide initiative to create better artificial intelligence inspired by how the human brain works.

Called the MIT Intelligence Quest, the effort

will bring together more than 200 researchers and institute partners like IBM to understand human intelligence and then create smarter machines that can learn like us.

"Basically, we want to create an approach where we want a machine to learn like the way that a child would learn," said Anantha Chandrakasan, dean of MIT's School of Engineering.

Computers that are engaged in deep learning need lots and lots of information in order to be "trained" on a task like image-recognition, Chandrakasan explained. But when teaching children something, you often

only need to give one example, not millions, for them to learn.

"There are much better ways that the brain is doing this," he said, "so we can figure that out and then apply those ideas" to machines.

This gets to the Intelligence Quest's two big aims: to understand how the human brain works, and to reverse engineer that process in order to build better machine-learning tools that truly unleash the ability of artificial intelligence to help society.

This work will be divided into two entities within MIT's Quest: the Core and the Bridge.

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The dome on MIT's campus. WIKIMEDIA COMMONS/THERMOS

"The Core is basically people who are looking at the fundamentals of reverse-engineering human intelligence and developing new algorithms and tools to think, beyond deep learning, what are the next generation of artificial-intelligence techniques?" said Chandrakasan.

"The aim of the Bridge is that you have lots of [AI] uses in virtually every application domain: transportation, material design, finance, health care — early diagnosis

of breast cancer, for example," he said. "[These researchers] are not working on developing new algorithms, but they want to use these tools and apply them to advance their individual field."

More than 200 researchers at MIT are currently working on applying AI to their specific areas, from, as Chandrakasan mentioned, health developments to transportation tech (the most common example being self-driving cars).

With this initia-

tive, the school hopes, those researchers can be brought together to share information and best practices.

"When you bring together researchers from different disciplines, they end up collaborating and creating something very new that they individually couldn't have created," Chandrakasan said. "Collaborations are really a staple of what we do at MIT, and obviously they are happening, but this [Quest] will accelerate and facilitate that."

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# Several Eagles players plan to skip White House visit

Here's why some of the Super Bowl champions are declining an invitation from President Trump.



LENYON WHITAKER  
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Some players have announced they will not participate in the Philadelphia Eagles' White House visit ceremony in April.

The Philadelphia Eagles defeated the New England Patriots 41 to 33 in Super Bowl LII to bring the first NFL title back to Philly since 1960, but don't expect all the players to attend the traditional White House event to

meet with the president.

According to Nj.com, wide receiver Torrey Smith, defensive end Chris Long and safety Malcolm Jenkins are planning to boycott the Eagles' White House event to meet President Trump.

The decisions to decline the traditional annual White House visit come after President Trump criticized NFL players for kneeling or raising fists during the national anthem in solidarity against injustices in the United States.

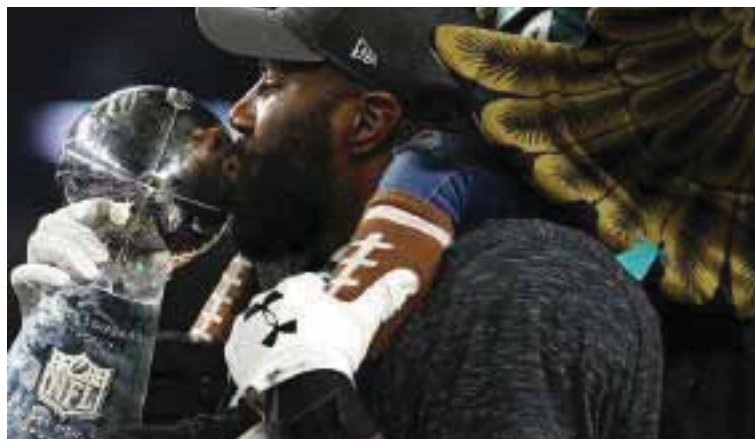
Star safety Malcolm Jenkins told CNN Monday he plans to skip the White House visit.

"Nah, I personally do not anticipate attending," Jenkins told CNN's "New Day."

Jenkins raised his fist during the national anthem during the past NFL season.

Torrey Smith told Nj.com last week that if the Eagles were to win the Super Bowl, he would not visit the White House. Smith has expressed that he raised his fist during the national anthem to show solidarity for the Black Lives Matter movement, despite the president's claim that players are kneeling and raising their fists to purposefully disrespect the flag, the military and the national anthem.

"My father, when he dies, is going to be buried with an American flag draped around his casket, being that he served in the Army," he said. "I under-



Eagles safety Malcolm Jenkins will enjoy the Super Bowl win, but don't expect him and other Eagles players to visit the White House in April. GETTY IMAGES

**"No, I'm not going to the White House. Are you kidding me?"**

Defensive end Chris Long

stand why some people are offended by it. Also, there are soldiers that have issues going on right now, and there are things that affect them. They're things that affect my father. He understands both sides of the issue."

Defensive end Chris Long played for the Patriots last year when they

won the Super Bowl and did not attend the White House ceremony. This year doesn't change that.

"No, I'm not going to the White House. Are you kidding me?" he said during an interview on the "Pardon My Take" podcast last week.

Running back LeGarrette Blount, who also

played for the Patriots last year, did not attend the White House to meet President Trump, and it's likely that he won't visit this year.

After the Eagles defeated the New England Patriots, president Trump took to Twitter to congratulate the team for their championship win.

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## What did Kylie name her baby?



Mariposa  
Jenner-Scott?  
Sure. YOUTUBE

As you likely know by now, Kylie Jenner had a baby girl Feb. 1.

Now, fans are speculating what, exactly, the spawn of Jenner and beau Travis Scott is named. And it probably has something to do with butterflies.

The hints are all

there if you're have a copious amount of time on your hands and a passion for the kind of problematic Kardashian-Jenner family: last June, Jenner and Scott got matching, teeny-tiny butterfly tattoos — which just happens to have been nine months

ago. Did the couple celebrate the pregnancy news with tattoos? Because I'm pretty sure that's against doctor's orders.

Then there's this: In the 11-minute birth announcement video, Jenner showed the baby girl's nursery, which was flush with butterfly decorations. Fans have decided, then, that the baby's name is probably Butterfly, Mariposa or Monarch and, girl, I guess.

At least her name isn't Chicago.

the  
word

## J.Lo & A-Rod celebrate one year



These two!  
ALL PHOTOS GETTY IMAGES

Jennifer Lopez and Alex Rodriguez have now been together for an entire year. Congratulations but also? It's felt like a decade.

The couple celebrated at the Super Bowl with their kids. And when Lopez performed at a Super Saturday Night concert for DirecTV, she gave her beau a shout out.

"We've been together for one year today," she said, according to Page Six. "I don't want to get all mushy or anything, but baby, this song's for you. I love you."

Thankfully, the couple has been a lot more calm than when they first got together: They were constantly talking about each other, and

Lopez admitted he really had her heart when he sent her a not-sexy sext while being in the same room as her.

And that sext — the one that sealed the fate of a couple one can only be ambivalent about, at best — simply read "You look sexy AF."

You kind of have to admit: The man is a true poet.

## Cardi B isn't pregnant

Cardi B — a woman we don't talk about enough, frankly — shut down pregnancy rumors on her Instagram on Sunday, inventing a phrase that this writer will be using quite a lot in the near future.

On a video of her lip syncing and jamming to an upcoming track, a commenter wrote "Is there maybe a Kylie Jenner secret that we need to know about? LOL! Just asking."

Cardi responded in a way only Cardi could: "No, bitch, I'm just getting fat. Let me fat in peace."

Let. Me. Fat. In. Peace. This is literally poetry music to my ears, y'all!

Also, you can LOL all you want, but stop asking women if they're pregnant. Mind your own reproductive organs, y'all.



Classic  
Cardi.

## John Stamos got hitched

Say farewell to your dreams: John Stamos married his pregnant fiancée, Caitlin McHugh, over the weekend. In the words of an Olsen twin circa "Full House" times, you got it, dude!

Us Weekly reports that the couple tied the knot Saturday at the Little Brown Church in Studio City, California, before celebrating at Stamos' home.

Stamos, 54, and McHugh, 31, announced

their engagement in October with an Instagram post. "I asked... she said yes! ... And we lived

happily ever after," he wrote. Which is cheesy but if you think about it, cheese is delicious, so it's fine.

In December, they announced they were expecting a bundle of so-called joy on the cover of People. "We have the same morals and the same values, that all clicked nicely," he told the magazine. "So we said, 'Oh, well, maybe we should have a family.'" Sure! Congratulations and stuff, Uncle Jesse and Uncle Jesse's bride.



Wonderful!

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The writer and director also joked about his plans for a "Get Out" sequel. GETTY IMAGES

# Jordan Peele quit acting because... 'The Emoji Movie?'

The multi-hyphenate revealed the offer that persuaded him to give up on acting.



**GREGORY WAKEMAN**  
Gregory.Wakeman@metro.us

Before the release of "Get Out," Jordan Peele was primarily known for his work on the Comedy Central sketch show "Key & Peele," as well as his starring roles on MadTV, "Fargo" and "Keanu."

But Peele had always wanted to move away from acting and focus his attention on writing and directing. And on Saturday night,

up,' I told my manager, 'That's f—ed up, let me sleep on it.' I came back the next day, I said, 'Well, what are they offering?' And they said, 'Oh, well they've already given it to Sir Patrick Stewart.' I was like, 'F— this.' That's a true story."

Peele recalled the conversation after he won the First-Time Feature Film award for his "Get Out," while he was also presented with a DGA medallion as the horror comedy was nominated for Best Feature Film, a prize that "The Shape Of Water" ultimately claimed.

After being presented with his medallion, Peele made an

*"I was offered the role of Poop — this is true. I would not make this up."*

impromptu joke about a sequel to his hit debut film, quipping that he had spent the ceremony asking two legendary actors to star and that it would, apparently, be a crossover of "Get Out," "Driving Miss Daisy," and "Beauty And The Beast."

Earlier in the evening, the animated film, which was released to scathing reviews last July, was the subject of ridicule from host Judd Apatow. According to Entertainment Weekly, the mere mention of "The Emoji Movie" provoked Peele to admit, "I was offered the role of Poop — this is true. I would not make this up."

He continued, "I was like, 'That's f—ed

up," and that it would, apparently, be a crossover of "Get Out," "Driving Miss Daisy," and "Beauty And The Beast."

"For what it's worth, I just signed Garrett Morris and Angela Lansbury to the sequel, 'Get Out 2: Driving Miss Rosie.' Angela plays the love interest, but she also does the voice for the teacup."

Considering the triumph that is "Get Out," there's no doubt that Peele could probably make it work.

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# Shazad Latif on joining the bold new universe of 'Star Trek: Discovery'

We spoke with the actor about what it's like to play his complex character, Ash Tyler, and avoiding online criticism from die-hard Trekkies.



PAT KING  
patrick.king@metro.us

Trekkies have been freaking out over "Star Trek: Discovery" since it premiered last fall. The exciting entry into the classic sci-fi franchise has everything die-hard fans loved about the old series but also, ahem, ... appears to boldly go where no "Star Trek" series has gone before.

Thanks to series creator and showrunner Bryan Fuller, the series

compels with the emotional depth of the new crew on Starfleet's U.S.S. Discovery and the richness of the galaxies they explore. And one crew member, in particular, Shazad Latif's Ash Tyler, has won fans over in a big way.

Ash is introduced as a prisoner of war under Klingon control and rescued by Captain Gabriel Lorca (Jason Isaacs). He is then brought back to serve on the Discovery, where he has a steamy on-and-off emotional connection with the ship's science specialist, Michael Burnam (Sonequa Martin-Green) — before some startling revelations. Sorry, no spoilers here!

We spoke with British actor about playing such a complex character and being a part of the "Star Trek" universe.

**Were you a fan of the "Star Trek" franchise growing up?**

My grandfather and uncle were big, big fans! I was aware of it ... 6:30 on BBC 2. I was too busy wrestling with my brother at the time. I always loved Spock!

**What has the reaction been like with some of the die-hard Trekkies who have been watching "Star Trek: Discovery"?**

I really enjoy when I get to meet die-hard fans face to



"It's an actor's dream to play a role like this, but you just have to be fully committed and focused in order to do scenes and topics like this justice." — Shazad Latif. LEIGH KEELY

face. I don't get too involved with anybody online. It's dangerous to delve into thoughts and opinions on the web.

**Your character, Ash Tyler, is so complex. He was introduced as a prisoner of war under Klingon control and**

**has since gone through a horrible time dealing with PTSD and trauma related to his captivity. What was it like diving deep into that mind-set in order to play this role?** It's hard to analyze one's own performance. It's an actor's dream to play a role like this, but you just have to be fully committed and focused in order to do scenes and topics like this justice. You have to give it 100 percent without any fear.

**Ash and Michael's relationship seems like it has been put on hold right as it was heating up. What gives?! Do you think there is any hope**

**for them as the season moves on?** There is always hope in life. I think Ash has to retain that hope. He has some groveling to do. He f—ed up.

**Lastly, is there any chance of you reviving, one of your other famous characters, Clem Fandango for another season of "Toast of London"?**

I would always love to play Clem again! Who knows? Working with Matt Berry, Arthur Matthews, and Tim Donnie was pure joy.

New episodes of "Star Trek: Discovery" are available to stream every Sunday on CBS: All Access.



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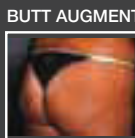
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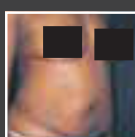
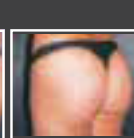
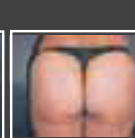
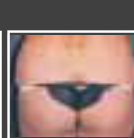
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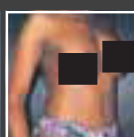
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### Inclusion

America may be an uglier place under Donald Trump, but the Super Bowl was a surprisingly friendly space for female and LGBTQ viewers. Diet Coke casually dropped a singular "them," the gender-neutral pronoun preferred by non-binary individuals. Eli Manning and Odell Beckham Jr. re-enacted the iconic final scene of *Dirty Dancing* without any "No homo!" posturing. And rowing with the burly men aboard Dodge's dragon boat was a (historically accurate) Viking woman, too. Glad we're past making products pink and moving into blurring traditional roles to be inclusive.

Looking good, Ms. Jackson. GETTY



### Janet Jackson

Everything about the halftime show was a disaster, from Justin Timberlake's urban camouflage to the highly problematic projection of Prince and lack of guest performers — because they all remember what happened to the last person who performed with him at the Super Bowl. Janet Jackson isn't crying a river though; she spent most of the weekend trending on Twitter with the hashtag #JanetJacksonAppreciationDay.

# All the winners of Super Bowl 52

The Philadelphia Eagles took home the Vince Lombardi Trophy, but they weren't the only ones who distinguished themselves at the Super Bowl. EVA KIS

### The Underdogs

It was the underdogs on the underdog Eagles team who came through with the big plays to bring home the Vince Lombardi Trophy. Nick Foles went from being the backup quarterback to Most Valuable Player, while undrafted rookie Corey Clement rushed for over 100 yards including scoring one of Philly's four touch-

downs. Doesn't matter who else is in the game, only how you're playing it.

### The Winter Olympics

To mix sports metaphors, NBC knocked it out of the park with its commercials for the Winter Olympics. The network created a series of spots telling



Nick Foles, from backup QB to MVP. GETTY

the personal stories of U.S. competitors like Alpine skier Mikaela Shiffrin leaving all the boys in her dust since childhood and snowboarder Shaun White fighting back from what many thought would be a career-ending injury. You wanted a reason to care about winter sports? NBC gave us five incredible ones.

### Tom Brady

Don't misunderstand, Tom Brady didn't need another Super Bowl ring. But the Patriots quarterback did a lot to get to the Super Bowl, namely his totally wackadoo diet. Maybe now he'll realize his doctor is a quack — because apparently being told that drinking water prevents sunburn wasn't a red flag — and go back to

enjoying life by eating a strawberry every once in a while.

### Baseball fans

Don't think of the Super Bowl as the end of football season, but the beginning of baseball season! Spring training kicks off on Feb. 23, while the regular season gets its earliest start ever on March 29. Batter up!

### Tide, starring David Harbour

The detergent company took out 12(!) ads during the Super Bowl, taking advertising clichés and making them weird, hilarious and compulsively watchable thanks to David Harbour. As a sort of trickster god with a beard and dad bod, he crashes senior tennis sessions, impersonates Mr. Clean and even makes clipboards sexy. We missed a few opening kicks because missing one of these ads would've been worse. After spending all January trying to convince people that Tide Pods aren't candy, Tide needed a win, and they got it.

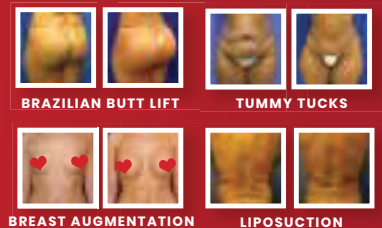


Even after David Harbour kicked their butt at tennis, these seniors still love him. YOUTUBE, TIDE



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# What's causing your muscle soreness?

wellbeing

Working out isn't supposed to hurt. Or is it? **ALL PHOTOS ISTOCK**

How to know if your postworkout aches and pains are normal or a sign you've overdone it.



**KATE MOONEY**  
kate.mooney@metro.us

Perhaps the new year has inspired you, like so many others, to increase your fitness. But as you up your hours at the gym or experiment with new workouts on ClassPass, you might find that your body can't keep up with your newfound enthusiasm. How can you tell if

your sore, achy muscles are a result of being out of shape, or a sign you've overdone it to the point of injury?

We talked with nutrition, wellness and fitness coach Jenn Menzer about what causes these aches and pains, plus tips for prevention and recovery.

## What causes muscle soreness?

"When we're exercising, we're creating stress on the muscle, and the soreness comes from a dramatic increase in intensity," Menzer explains.

As our muscles lengthen and contract,

small tears form in the muscle fibers. The feeling of soreness is actually our bodies' response to learning the new motion.

There are actually two different kinds of muscle soreness. One is known as "acute muscle soreness," which occurs immediately after your workout. The other is "delayed onset muscle soreness," known as DOMS, which happens between 48 to 72 hours after.

## How do you know if what you're feeling is normal?

Being a little sore, "espe-

cially when you're engaging in a new exercise routine or something more intense," is expected, says Menzer. To determine if you've overdone it or

might be injured, you have to listen to your body — and it should be fairly intuitive. If you're experiencing a sharp, shooting pain, or notice any inflammation, then you may have injured yourself. If you're feeling more of a dull throb or a slow burn, monitor it over a few days and see if it subsides.

"It's about learning your body and knowing if something is persistent, it's best to check it out," she says.

## How can you prevent it?

Go slow. "As a trainer, I gradually increase my clients' intensity in small increments," she explains. If you're heading into a brand new workout challenge, try to curb your competitive spirit and aim for more of a 6 or 7 in intensity, instead of a 9 or 10.

"Mindfully remind yourself that you're not yet an expert; even if you're in peak shape, it's still a new experience," she recommends. "Go at it for a challenge but not total exhaustion."

You should also make sure you warm up before

your workout. Menzer recommends foam rolling before exercise, to help "increase your range of motion and decrease risk of injury."

## What's the best way to recover?

This depends on the severity of your symptoms.

"If you're experiencing intense discomfort, take off 24-48 hours, or do something gentle, like restorative yoga to stretch out, or meditation to calm your mind down," she advises.

If there is any sign of injury or inflammation, icing is the way to go. But if you're just feeling sore, apply heat with a heating pad or soak in the tub.

She recommends adding a mixture of 1 cup epsom, 1 cup sea salt, 1 cup baking soda, 1 cup apple cider vinegar to your bath (kind of like a homemade bath bomb) to help relax your muscles.

Another technique is to alternate between heating and cooling: 10 minutes with a heating pad to relax your muscles, 10 minutes of icing to decrease the inflammation.

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# Baker done for year, Ntilikina nursing knee

The Knicks backcourt is experiencing some difficulties during a tough stretch.



JOE PANTORNO  
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While Trey Burke has been an unlikely contributor to the Knicks backcourt, he's also proven vital for the team's depth as the injury bug has taken its toll on New York's guards.

On Monday, the Knicks announced Ron Baker will undergo season-ending arthroscopic surgery on his injured right shoulder Wednesday, a procedure that will keep him sidelined for the next four to six months before he can participate in basketball activities again.

Baker initially injured the shoulder, which was later diagnosed as a dislocation and torn labrum, during a Jan. 30 win over the Brooklyn Nets. He had already been playing hurt with a facial fracture.

The second-year guard provided high-energy play, especially on the defensive side of the ball, off the bench for the Knicks behind Jarrett Jack and Frank Ntilikina.



With surgery scheduled this week, Ron Baker is done for the year. GETTY IMAGES

likina. He ranked fourth on the team with 0.9 steals per game despite averaging just 13.3 minutes per outing.

One of those guards in front of Baker, Ntilikina, is also going through some injury issues of his own after he was held out of the second half during Sunday's embarrassing loss to the Atlanta Hawks because of knee soreness.

Knee issues have been something of a nagging issue for the Knicks rookie, who missed a majority of the Summer League and preseason because of it. However, he was quick to point out that this

soreness is unrelated to the troubles he experienced prior to the start of the regular season.

"It was just over time," Ntilikina said (h/t ESPN's Ian Begley). "It's been like, a month. I feel my knee is a little sore. Now it was a little more. It's going to be alright."

Losing Ntilikina for an extended period of time would have worn the Knicks thin at the point guard position with just Jack and Burke to hold things down. It also would have hardly been the kind of rotation needed for a team that is hanging on to playoff aspirations for dear life.

# Willy wants out of New York

New York Knicks center Willy Hernangomez's representation has alerted the team that he wants to be traded before the NBA's deadline Feb. 8, per Yahoo Sports' Shams Charania.

It's clear to see why the 23-year-old wants out of New York, having been relegated to the bench behind Enes Kanter and Kyle O'Quinn.

Heading into the 2017-18 season, Hernangomez was slated to be the team's starter at center after a strong showing in his rookie season and mounting issues surrounding Joakim Noah. While he was coming off the bench, Hernangomez showed the promise of becoming a force in New York's frontcourt, averaging 8.2 points and seven rebounds in just 18.4 minutes per game.

That was until the Knicks traded Carmelo Anthony to the Oklahoma City Thunder for Kanter and Doug McDermott in late September.

Kanter quickly won the starting job and O'Quinn's hustle and grit earned him the No. 2 role at the position, leaving Hernangomez in search for more playing time. Appearing in just 25 of New York's first 54 games, Hernangomez is averaging just 9.2 minutes per outing while putting up 4.4 points

and 2.6 rebounds.

The lack of playing time has become an obvious hindrance to his NBA development, but that doesn't mean teams have lost interest.

In fact, Hernangomez has received the most attention on the trade market among New York's three active centers as several teams have inquired, including the Utah Jazz.

O'Quinn was also rumored in being pursued by the Golden State Warriors.

With two more years under team control, interested parties don't have to worry about Hernangomez just being a rental and could focus on upping his game to that of a starting-caliber center in the NBA.

His movement though will all depend on the possible returns the Knicks could get for either him or O'Quinn.

While there is a logjam at the center position currently with four names on the depth chart, Noah is not returning to the team until further notice after a blowup with head coach Jeff Hornacek.

If the Knicks get a better deal for O'Quinn, they'll have

to hold on to Hernangomez to act as the immediate backup behind Kanter unless they want to experiment with moving Kristaps Porzingis back to center on occasion. That wouldn't necessarily be the smartest move considering Porzingis is enjoying the best season of his young career at the power forward spot. JOE

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# Rick Nash hands in no-trade list

The Rangers could be looking to deal the veteran forward by the end of the month.



JOE PANTORNO  
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The last month has posed the question of if the New York Rangers will be sellers at the NHL's trade deadline coming up on Feb. 26.

While there have been rumors that the team will sell some of its biggest names, including Mats Zuccarello and Ryan McDonagh, it looks as though the first domino could fall soon.

TSN's Bob McKenzie reported on Monday that the Rangers have requested Nash's no-trade clause list, which was submitted and contains 18 teams. That means there are 12 possible

teams Nash could be dealt to before the trade deadline.

The 33-year-old left winger is in the final year of his contract before becoming an unrestricted free agent this summer. With a \$7.8 million cap hit, the Rangers would likely take on some of that money to make Nash more appealing on the trade market while ensuring they get something in return for him.

While his better days are behind him, Nash still could provide production to a second or third line. In 52 games entering Monday night's game against the Dallas Stars, he has 15 goals with 10 assists which is a far cry from the 42-goal season he had just three years ago.

Nash's contract situation has been a hotly-contested topic dating back to the beginning of the season. Though it quickly became evident

that the Rangers were going to move on from him given the silence on the negotiation front.

There should be a healthy market for him considering there will be teams on the verge of contention that are looking for an added scoring depth to help put them over the top.

Teams like the Dallas Stars, Nashville Predators, San Jose Sharks and St. Louis Blues are contenders in need of a boost that could be featured on Nash's accepted teams list if he's looking for a run at a Stanley Cup. The Columbus Blue Jackets could also be considered a viable target, but the two Metropolitan Division sides might be hesitant to make a deal within the division.

But if the Rangers are committed to shaking things up amid a horrid stretch, dealing Nash will start the process.



The Rangers could trade Rick Nash to 12 different teams after the veteran handed in his no-trade list. GETTY IMAGES

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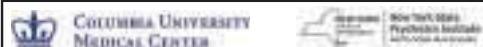
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## MATT HAMILTON CURLING

**DOB: 2/19/89**  
**HOMETOWN: McFARLAND, WI**



Hamilton will be featured in both the men's team and mixed doubles portion of the curling competitions at the 2018 Winter Olympics. In mixed doubles, he will be featured with his sister Becca.

The 28-year-old has been at the forefront of curling in the United States for the better part of the last decade, winning a national title in

2015.

He most recently finished fourth in the World Championships last year, a disappointing reply to a bronze medal campaign in 2016.

Hamilton is also a two-time champion of the Continental Cup in 2016 and 2018, putting him solid form heading into his first-ever Olympic Games.



## BECCA HAMILTON CURLING

**DOB: 7/12/90**  
**HOMETOWN: McFARLAND, WI**

Not only did Becca win the Olympic Trials alongside her brother Matt in mixed doubles, but she also won the team trials as one of the best curlers in the United States has to offer.

Hamilton has competed in collected a pair

of top-10 finishes at the world championships in 2015 (10th) and 2017 (5th) as she continues to develop into a force on the world's curling stage.

She is a two-time junior national champion and the 2014 women's

national champion.

If Matt and Becca are on their game in South Korea, they will be the busiest athletes at the Olympics considering curling spans 18-straight days for those making their way to gold-medal matches.



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- 24 Willem of "Platoon"
- 26 For the most part
- 28 Snazzy
- 30 Uses hip boots
- 31 Horrible bosses
- 32 She took the veil
- 33 Energy
- 36 Jorge -- Borges
- 37 Lumpy fruits
- 38 Nukes
- 39 Laid back
- 40 Melts snow
- 41 Quotes from
- 42 Upper, maybe
- 43 Rue the day
- 44 Stuffed corn husks
- 47 Headless statue
- 48 On -- (hot)
- 49 Russo or Magritte
- 50 Deli units
- 53 Fossil find

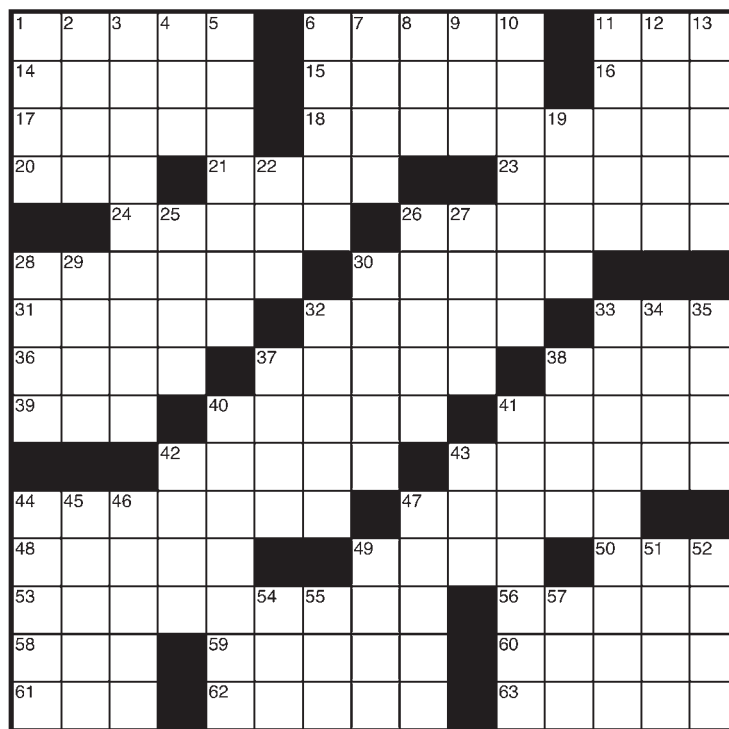
- 56 Cravat's kin
- 58 Corn serving
- 59 Gem surface
- 60 Pay to use
- 61 Deli loaf
- 62 Just picked
- 63 Nail alternative

### Down

- 1 Mascara target
- 2 Dog in "Beetle Bailey"
- 3 Auto race (2 wds.)
- 4 Sequel's sequel
- 5 Wine orders
- 6 Michael Caine role
- 7 Make turbid
- 8 "It's c-c-cold!"
- 9 Half and half?
- 10 Ring figure
- 11 Forgo

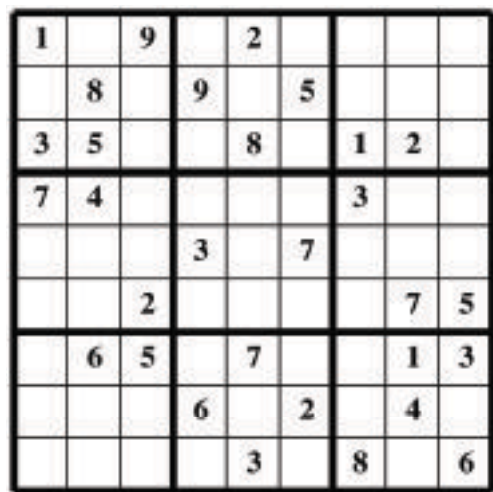
- 12 Camel driver's command
- 13 Smart-mouthed
- 19 Drops behind
- 22 Also not
- 25 Chest-beaters
- 26 Wildlife refuges
- 27 States further
- 28 Cutie
- 29 Water, in Baja
- 30 Fury
- 32 Expressways
- 33 Crime deterrent (2 wds.)
- 34 Rapier's kin
- 35 Furtive sound
- 37 Trim, as expenses
- 38 Sharp turns
- 40 Liquidate (2 wds.)
- 41 Quick breakfasts
- 42 Pet toy
- 43 Prez after Jimmy
- 44 Spud
- 45 Vast assortment
- 46 Watered silk
- 47 Hen's lack
- 49 Road map nos.
- 51 Big name in speakers
- 52 Slumgullion
- 54 Disqualify
- 55 Hotel freebie
- 57 Wall St. watchdog

## metro.us/crossword

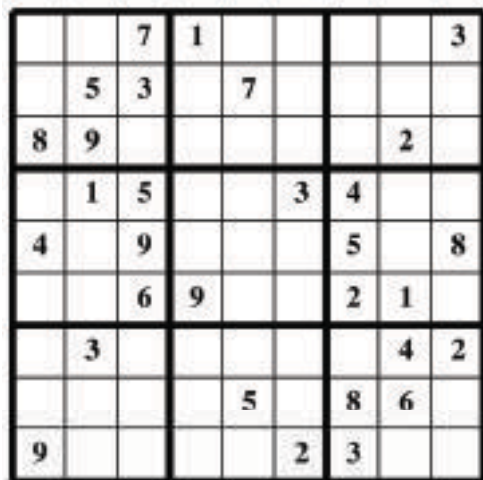


## metro.us/sudoku

easy



hard



## metro.us/horoscopes



**Aries** Don't expect everyone to agree with you. It's time to please yourself without feeling the need to have approval from individuals who are negative and critical.



**Taurus** Your emotions will be unstable. Keep your thoughts to yourself until you have had a chance to fully understand what's happening and the results your response might fetch.



**Gemini** Do whatever it takes to get along with your peers and the powers-that-be. Putting in extra effort will prove to be valuable when it comes to advancement.



**Cancer** Let your creative imagination take charge to make a great plan. Don't worry about those who oppose you. Work with people who help make dreams come true.



**Leo** Arguments will break out if you aren't willing to compromise. Keep the peace, but protect your assets, possessions and emotional well-being.



**Virgo** Be aware of what's happening, but don't let temptation take the reins if someone is pressuring you. Size up whatever situation you face and do your own thing.



**Libra** Old habits are hard to break. Regarding money, restrict your spending. Being overly generous won't help you get ahead. Excessive behavior should be prohibited.



**Scorpio** Refuse to let anyone get the better of you. When it comes to money, legal or health issues, take charge and protect your rights. Don't allow anyone to make choices for you.



**Sagittarius** Helping others can be rewarding, but not if you are being used in the process. Size up your current situation and only offer what's fair.



**Capricorn** Share your thoughts and feelings, but don't feel the need to follow what someone else is doing. Stick to the rules and guidelines you set, and move forward diligently.



**Aquarius** Sort through all your stuff and pass along what you no longer use. What you offer will be appreciated, while helping others will leave you feeling good.



**Pisces** A passionate approach to life, love and emotional situations will encourage you to become a better person. Be willing to give as much as you receive. **EUGENIA LAST**



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